WHAT IS CLAIMED IS:

1. A flourescent lamp assembly, comprising:

a reflector having a cutout;

a flourescent lamp; and

a lampholder including a base end positioned within said cutout, a socket receiving said flourescent lamp, and a first plug-in connector of a first gender for receiving electrical power, said first plug-in connector positioned at said base end and generally opposite from said socket, said first plug-in connector including a line conductor and a neutral conductor.

2. The fluorescent lamp assembly of claim 1, further including a power cord with a second plug-in connector of a second gender mating with said first plug-in connector.

3. The fluorescent lamp assembly of claim 2, wherein said first plug-in connector is a female connector and said second plug-in connector is a female connector.

4. The fluorescent lamp assembly of claim 2, further including an attachment element both connectable to said base end and configured for holding said second plug-in connector to said base end.

5. The fluorescent lamp assembly of claim 4, wherein said attachment element is at least one of a spring wire, screw, nut and bolt pair, tie and electrical tape.

6. The fluorescent lamp assembly of claim 2, wherein said power cord is one of a conduit and a cable.

7. The fluorescent lamp assembly of claim 1, wherein said base end includes a reflector stop.

8. The fluorescent lamp assembly of claim 1, wherein said fluorescent lamp has an ANSI G24 base.

9. A lampholder for a fluorescent lamp, comprising:

a base end;

a socket for receiving the flourescent lamp; and

a first plug-in connector of a first gender for receiving electrical power, said first plug-in connector positioned at said base end and generally opposite from said socket, said first plug-in connector including a line conductor and a neutral conductor..

10. The lampholder of claim 9, further including a power cord with a second plug-in connector of a second gender mating with said first plug-in connector.

11. The lampholder of claim 10, wherein said first plug-in connector is a female connector and said second plug-in connector is a female connector.

12. The lampholder of claim 11, further including an attachment element both

connectable to said base end and configured for holding said second plug-in connector to said base end.

13. The lampholder of claim 12, wherein said attachment element is at least one of a spring wire, screw, nut and bolt pair, tie and electrical tape.

14. The lampholder of claim 10, wherein said power cord is one of a conduit and a cable.

15. The lampholder of claim 9, wherein said base end includes a reflector stop.

16. The lampholder of claim 9, wherein said fluorescent lamp has an ANSI G24 base.

17. A method of electrically connecting a fluorescent lamp assembly, including the steps of:

providing a lampholder including a base end, a socket, and a first plug-in connector of a first gender, said first plug-in connector positioned at said base end and generally opposite from said socket, said first plug-in connector including a line conductor and a neutral conductor;

positioning said base end in a cutout of a reflector;

plugging a power cord into said first plug-in connector, said power cord including a second plug-in connector of a second gender mating with said first plug-in connector; and

receiving said fluorescent lamp in said socket.

18. The lampholder of claim 17, wherein said first plug-in connector is a female connector and said second plug-in connector is a female connector.

19. The method of claim 17, further including the step of holding said second plug-in connector to said lampholder with an attachment element.

20. The method of claim 17, wherein said power cord is one of a conduit and a cable.

21. The method of claim 17, wherein said fluorescent lamp has an ANSI G24 base.